



SNAP-Ed Connection

<http://snap.nal.usda.gov>

BULLETIN

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Now Available: Eat Smart Live Strong

Eat Smart Live Strong Activity Kit materials are now available for viewing and downloading on the SNAP-Ed Connection Web site! SNAP-Ed providers may also order a hard copy of the kit or a CD containing all educator and participant materials from the SNAP Ordering Center at <http://foodstamp.ntis.gov>.



**Eat Smart,
Live Strong**

NUTRITION EDUCATION for OLDER ADULTS

The “second wave” of Models of SNAP Nutrition Education and Evaluation has been announced by Food and Nutrition Service (FNS). FNS will be selecting up to three SNAP-Ed sites as demonstration projects to participate in a rigorous independent evaluation. Each selected site will receive a \$100,000 incentive in unmatched funds. Demonstrations approved as part of the FNS SNAP-Ed planning process will receive reimbursement for 50% of approved costs.

The Models of SNAP-Ed and Evaluation is an initiative of FNS that began in January 2009 to address the differences in SNAP-Ed delivery and evaluation that exist among SNAP agencies and partner organizations. While agencies and organizations are broadly consistent in their goals, their target audiences, degree of instructor/participant interac-

tion, message content and message delivery vary widely. Additionally, implementing agencies sometimes lack the expertise and funds needed to complete systemic impact evaluations of their SNAP-Ed practices. This makes it difficult to assess the impact of SNAP-Ed and distinguish between more and less effective nutrition education approaches.

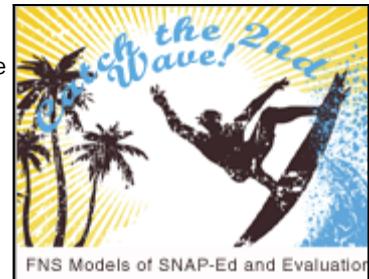
During the “first wave” of Models of SNAP-Ed and Evaluation, FNS selected four demonstration projects that were consistent with SNAP-Ed Guidance, replicable for most SNAP-Ed implementing agencies, and evaluable in both the nutrition education demonstration and the implementing agency’s evaluation of its own project.

The demonstration projects that comprise the “first wave” of

Models of SNAP Nutrition Education and Evaluation are:

- **The University of Nevada at Reno's** “All 4 Kids” intervention targets pre-kindergarten children attending Las Vegas Head Start centers.
- **The Chickasaw Nation Nutrition Service's** “Eagle Play” intervention targets preschool through 3rd grade children in Pontotoc County, Oklahoma.

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FNS Models of SNAP-Ed and Evaluation

Eat Smart Live Strong is a nutrition intervention designed to promote 2 key behaviors: increase fruit and vegetable consumption to 3 ½ cups per day and participate in at least 30 minutes of physical activity most days of the week. The target audience for the program is 60-74 year olds participating in or eligible for Food and Nutrition Service (FNS) nutrition assistance programs. for Americans and MyPyramid. Several phases of formative research and testing were involved in the development process, including a literature review and a review of promising practices. Feedback on the Activity Kit is welcomed. Users can fill out the User Response Kit on the Web site and fax their responses to Nutrition Services Staff at FNS. Thoughts and ideas from SNAP-Ed providers will be used to improve or modify the current materials when possible.

Developed by FNS, the Eat Smart Live Strong intervention is based on the 2005 Dietary Guidelines

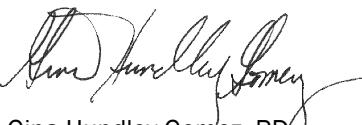
From The Team Leaders's Desk

With Fiscal year 2009 wrapping up, and a new year on the horizon, we've been busy finishing up some exciting projects at SNAP-Ed Connection. Thanks to all of the submissions that we've received from nutrition educators across the country, we plan to unveil hundreds of new recipes in the Recipe Finder soon, as well as a tool that will allow users to create their own cookbooks using the recipes found in the database! It is our hope that this new feature will allow you to create custom made recipe books for your SNAP-Ed participants based on your nutrition education objectives. When these features are available, we'll send out announcements to the SNAP-Ed Talk listserv.

With FY 2010 on the horizon, we're looking forward to working on new projects and creating more tools for SNAP-Ed providers in the upcoming year. While we love sharing our projects with you in this bulletin, we'd also like to use this bulletin to highlight some of the great work that you are doing with SNAP-Ed Participants. If you'd like to share a story about an accomplishment at your state or local agency in the next edition of the SNAP-Ed Connection bulletin, please let us know.

As always, we welcome your feedback. If you have suggestions or comments on how we can better assist you in carrying out the important work that you do, please contact us at snap-ed@ars.usda.gov.

Sincerely,



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FNS Models of SNAP-Ed and Evaluation

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- **The Pennsylvania State University's "Eating Competencies"** web-based intervention promotes Satter's eating competencies as an outcome for SNAP eligible women, ages 18-45.
- **The New York State Department of Health's "Eat Well, Play Hard in Childcare Settings"** targets 3 - 4 year old low-income children and their caregivers.

These projects are similar in that they all primarily rely on the techniques of direct education, they all last no more than 6 month (running from early spring to late summer 2010), three out of four of them target young children, and all incorporate impact or outcome evaluations that are minimally pre/post designs.

Interventions chosen to participate in the "second wave" of the Models of SNAP-Ed and Evaluation will be provided with almost 9 months to stage their interventions, from October 1, 2011 to early June 2012. Submitted applications are considered an advance submission of a component of the Fiscal Year 2012 SNAP-Ed

plan. Proposed projects may be a continuation of a current intervention, modification of a current intervention or an entirely new intervention.

There are several requirements for proposed State projects that would like to participate in the "second wave" of Models of SNAP-Ed and Evaluation. These requirements are available as a downloadable Word file on the SNAP-Ed Connection Web site, along with a proposed project timeline, a thorough outline of selection criteria, the application for participation, and FNS replies to project question (will be available September 2009). Applications will be accepted until November 18, 2009.



New SNAP-Ed Connection Resources

Looking for new materials to distribute to SNAP-Ed providers, paraprofessionals and partners? The SNAP-Ed Connection has updated brochures available, featuring a short description of all the latest resources available on our Web site including Eat Right When Money's Tight, Eat Smart, Live Strong and Nutrition through the Seasons.

In addition to brochures, the SNAP-Ed Connection has new, updated Recipe Finder CDs available. These CDs are now full size, making them more user friendly, and include information on the most recent Recipe Finder features, including Spanish recipes and updated cost estimates. For more information about obtaining new SNAP-ED Connection promotional materials, please contact the SNAP-Ed Connection directly either by using the online contact form at www.nal.usda.gov/fsn/contact.php or by phone at 301-504-5414.



SNAP Benefits Increase

On April 1, 2009, Secretary of Agriculture Tom Vilsack announced an increase in the benefits of 32.2 million SNAP (Supplemental Nutrition Assistance Program) participants. The amount of increase varies by household size. For most four-person households receiving the maximum benefit, this increase translates to an extra \$80 in their monthly SNAP allotment.

The increase in SNAP benefits is added directly to the SNAP recipients' electronic benefit transfer (EBT) cards by their State. Recipients can use this added benefit at grocery stores, supermarkets and farmers' markets, boosting their local economies. The Economic Research Service (ERS) estimates every \$5 in new SNAP benefits generates \$9.20 in total economic activity, helping to stimulate the American economy.



The increase in SNAP benefits was included in the American Recovery and Reinvestment Act of 2009, which allotted \$20 billion to SNAP over the next five years to help stimulate the economy. This increase will help people purchase the nutritious food they need to keep themselves and their family healthy. The Recovery Act also provides nearly \$300 million to States for SNAP administrative expenses in FY 2009 and 2010. The USDA already released the first \$145 million in FY2009 funds to States.

For more information about the Recovery Act and SNAP, please visit :

www.fns.usda.gov/fns/recovery/recovery-snap.htm. Additional information, a PowerPoint presentation in PDF on the Stimulus Package and SNAP and a webinar are all available for download.

SNAP-Ed Connection on the Road

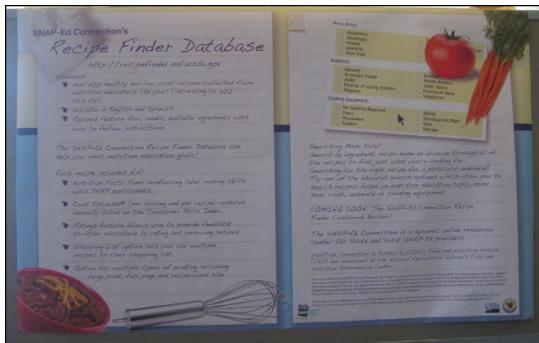
The SNAP-Ed Connection takes some time out every year to meet State and local SNAP-Ed providers and market our resources at annual conferences and exhibits. This year, you may have caught us at our table at the Priester National Extension Conference in Indianapolis, Indiana or stopped by and chatted with us at the Society for Nutrition Education Conference in New Orleans, LA. We always appreciate hearing from you and getting

feedback on how we can make SNAP-Ed a more supportive Web site.

In addition to our exhibit table at the Society for Nutrition Education Conference, we also had two posters at the poster session at the FNEE Division Workshop Pre-conference Session. Our two posters presented the Recipe Finder Database and Nutrition through the Seasons, respectively. You may download a copy of

the abstracts that complemented the posters from the SNE Web site at www.sne.org/conference/documents/Abstracts.FNEE.2009.doc or by contacting us directly.

If you know of or attend additional conferences that you'd like to see us at, let us know about them! Contact us at snap-ed@ars.usda.gov.



Recipe Finder Poster



Nutrition Through the Seasons Poster

Upcoming Conference Calendar

Be sure to save the date for these upcoming events!

NEAFCS Annual Session & Exhibits

National Extension Association of Family and Consumer Sciences.
September 15-19, 2009
Birmingham, AL

ADA Food & Nutrition Conference & Expo

American Dietetic Association.
October 17-20, 2009
Denver, CO





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Connecting SNAP-Ed providers with information and education resources.

Visit us on the Web!

<http://snap.nal.usda.gov>

The SNAP-Ed Connection is a dynamic online resource center for State and local SNAP-Ed providers. SNAP-Ed Connection is funded by USDA's Food and Nutrition Service (FNS) and maintained at the National Agricultural Library's Food and Nutrition Information Center in collaboration with the University of Maryland.

The SNAP-Ed Connection, previously titled the Food Stamp Nutrition Connection, was established in 2001, by the United States Department of Agriculture's (USDA) Food and Nutrition Service with the goal of helping SNAP-Ed providers find the tools and information they need to provide quality nutrition education for low-income audiences.

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Recipe Highlight: Peachy Peanut Butter Pita Pockets

The end of summer is near and that means it's back to school time. Going back to school can be tough for kids, but a special treat in their lunch box like this yummy sandwich can make it a little easier.

Serving Size: 1/2 pita pocket
Yield: 4 servings

Ingredients:

2 medium whole wheat pita pockets
¼ cup reduced fat chunky peanut butter
½ apple, cored and thinly sliced
½ banana, thinly sliced
½ fresh peach, thinly sliced

Instructions:

1. Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible.

2. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.

3. Fill with a combination of apple, banana, and peach slices.

Serve at room temperature.

Cost: Per Recipe: \$ 2.00
Per Serving: \$ 0.50

Adapted for the SNAP-Ed Connection Recipe Finder from:
Snack Recipes

California Champions for Change
<http://www.cachampionsforchange.net/en/docs/Snacks/Peachy-Peanut-Butter-Pita-Pockets.pdf>

Nutrition Facts	
Serving Size 1/2 pita pocket (100g)	
Servings Per Container 4	
<hr/>	
Amount Per Serving	
Calories 210	Calories from Fat 60
<hr/>	
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 33g	11%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 7g	
<hr/>	
Vitamin A 2%	Vitamin C 6%
Calcium 0%	Iron 8%
<hr/>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
<hr/>	
Calories	2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<hr/>	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

New recipes are coming! SNAP-Ed Connection will be adding hundreds of new recipes in Spanish and English to the Recipe Finder Database this fall. The new recipes will be available online alongside our current recipes at <http://recipefinder.nal.usda.gov>. Here's a sneak preview of one of the new recipes!